

ARMOR BOX CHECKLIST

Dear Friend,

As you collect items to serve your neighbor and love them in their time of need, you may want to tailor the box to fit the needs of the person/family you are looking to bless. If you know their situation, consider filling the box with items specific to their current needs. Remember to invite the Holy Spirit to participate in the preparation and ask God what He would have you contribute to the box. Be willing to be obedient and open handed as you collect items!

Questions To Consider When Filling Your Box:

What are the age of the people benefitting from this box?

Are there any children? What are their ages? What might they enjoy?

Would they benefit from diapers and wipes? If so, what size diapers?

Does this person/family have any dietary restrictions that I may know of?

Should I consider buying gluten free or sugar free items?

What is one thing that would make this box extra special for this person/family?

The list provided is by no means exhaustive. This list is meant to help provide guidelines, but please don't let it limit you in your generosity. You may be able to add things you know the person/family might benefit from, even if it is not on the list.

Armor Box Suggested Shopping List:

Paper Products:

- 2-4 Toilet Paper Rolls
- 1 Paper Towel Roll
- 1 Package of Hand Wipes
- 1 Box of Tissue

Perishable Food Items To Consider:

- Milk
- Eggs
- Bread
- Fresh Fruit (Apples, Bananas, etc.)
- Fresh Vegetables (Potatoes, Salad, Carrots, etc.)

Non-Perishable Food Items:

- 3 Veggies (1 Green/Yellow Bean | 1 Corn | 1 Carrots, Peas or Mixed)
- 2 Cans/Bags of Beans
- 1-2 Canned or Jared Fruit (Applesauce, Canned Fruit)
- 2 Cans of Soup
- 2 Small Cans of Tuna
- 1 Large Can of Chicken
- 2 Boxes of Mac and Cheese
- 1 Box of Spaghetti Noodles
- 1 box of Pasta Noodles
- 1-2 Jars of Pasta Sauce
- 1 Peanut Butter
- 1 Jelly
- 1 Box of Cookies
- 1 Box of Cereal

HELLO NEIGHBOR!